

Report on Basic Demographic Information and Results of Twelve Month
Follow-up Procedure for Adults Completing Community-Based Treatment
Programs

Presented to: Division of Alcohol and Drug Abuse
State of South Dakota

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EXECUTIVE SUMMARY FROM FORMS COMPLETED

A summary of the basic findings for community-based programs for adults is presented in this section.

- ◆ The abstinence rate for those (n = 2348) in the 12-month follow-up survey was 48.0 percent. Considering the fact that many people were forced into treatment by court mandates, the abstinent rate was very good.
- ◆ Clients completing treatment (and were abstinent during follow-up) were hospitalized **4.4 times less** after treatment than they were before, and the number of days hospitalized was **2.7 times less** during the post-treatment time.
- ◆ Overall, there were more than **twice** as many ER visits before treatment as there were after treatment.
- ◆ Before treatment about one-third of the clients were unemployed, but one year post-treatment only 8.9 percent of all persons completing treatment were unemployed. For those who were abstinent during the follow-up period, the unemployment rate was only 7.6 percent. The benefit of the improved employment opportunities to the individuals and society was substantial.
- ◆ Before treatment those working were absent 3.5 days 'in the past 30 days.' After treatment the number of days absent 'in the past 30 days' was only 1.0 day for all clients (0.8 days for those abstinent), resulting in a 77.4 percent improvement for all completing treatment and a 80.0 percent improvement for those abstinent.
- ◆ There was a substantial reduction (72.0%) for all clients, (76.0% for those abstinent) in the number of vehicle accidents between pre- and post-treatment time periods.
- ◆ In the year prior to treatment more than three-fourths (76.1%) of the clients had been arrested, but this was reduced to only 18.1 percent in the year following treatment for a 76.2 percent improvement.
- ◆ There was a considerable reduction (77.5% for all

clients) in those jailed overnight between pre- and post-treatment assessments.

- ◆ Overall, there were **5.9 times** more arrests before treatment than there were after treatment.
- ◆ Before treatment 2.8 percent of the clients indicated that they were homeless, but after treatment only 1.1 percent mentioned that they had no home, resulting in a 60.7 percent improvement.

Factors Related to Success

- ◆ Clients working full-time were more likely to remain substance free.
- ◆ Persons completing treatment (substance free or not) had fewer problems with: their boss or supervisor, getting their job done, making mistakes at work, missing work, or being late.
- ◆ Those who never married were more likely to have used substances than were married persons.
- ◆ Clients who attended AA or NA and/or other support groups were much more likely to remain substance free than were those who stopped attending.
- ◆ Persons who attended aftercare were much more likely to remain substance free than were those who stopped attending.
- ◆ Clients who were substance free had fewer problems during the follow-up period with boredom, stress, and loneliness.
- ◆ Those who used substances were more likely to have had periods of 2 weeks or more in which they felt depressed.
- ◆ Clients using substances were more likely to be around others using alcohol or drugs, have cravings for alcohol and drugs, and use tobacco products.
- ◆ Clients who rated the treatment programs highly were

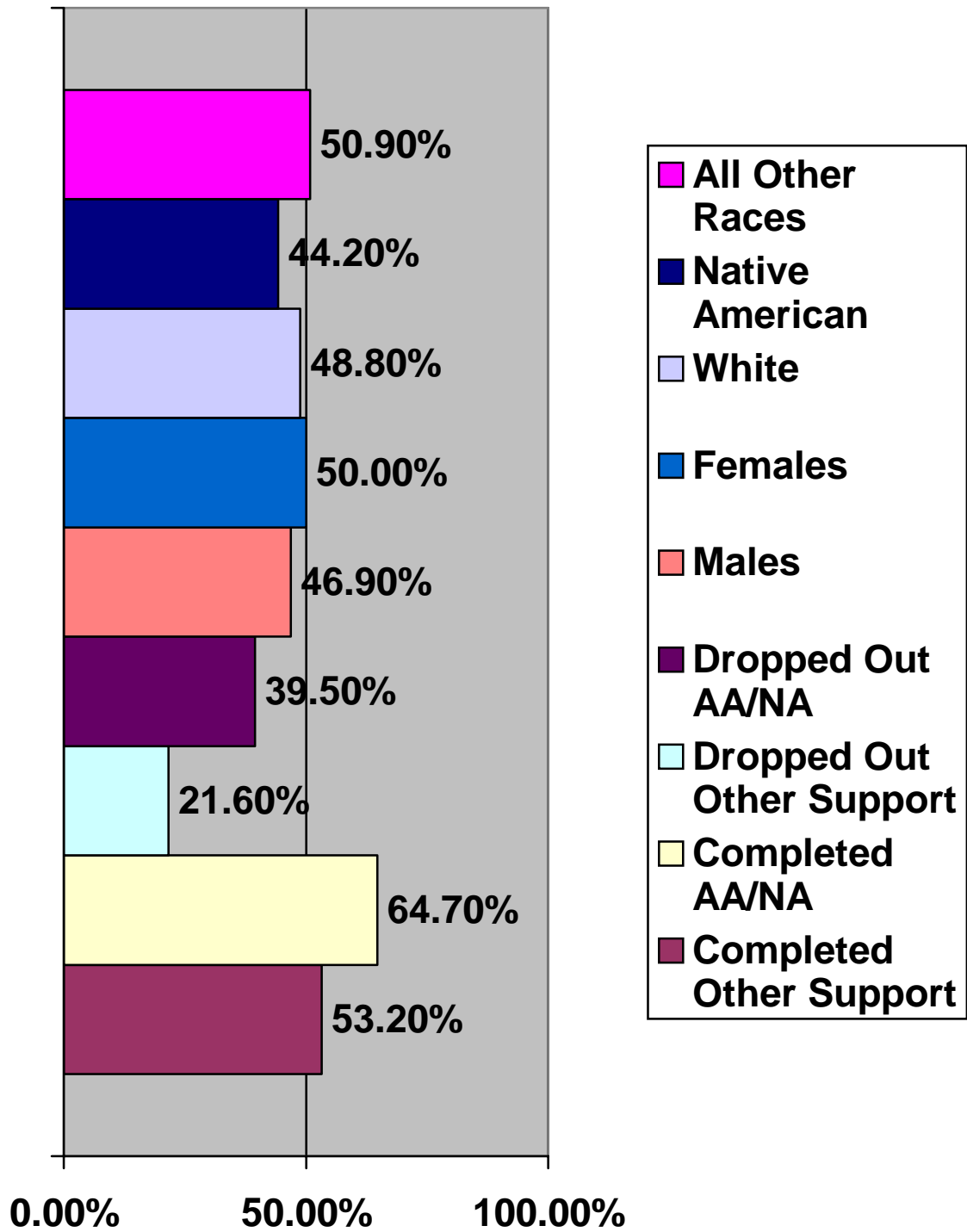
more likely to be substance free.

- ◆ Persons who were substance free had fewer problems with marital or 'significant other' relationships, family problems, and financial problems during the follow-up period.
- ◆ Those who were substance free were much less likely to be arrested or incarcerated.
- ◆ Clients who were substance free were less likely to be hospitalized during follow-up.
- ◆ Persons who had frequent visits to hospitals and ER's during the year preceding treatment were more likely to use substances during follow-up than were those with fewer visits.
- ◆ Clients who lived with parents, spouses, and children were more likely to be substance free during the follow-up period than were those living alone, with roommates, or homeless.
- ◆ Clients who were unemployed at time of entry into treatment were less likely to be substance free during the follow-up period.
- ◆ Those who lived in a city before entering treatment were more likely to use substances than were those from rural areas.
- ◆ Persons who had experienced trouble thinking or concentrating before treatment were more likely to use substances during follow-up.
- ◆ Those who had experienced thoughts of suicide before treatment were more likely to use substances during follow-up.
- ◆ Clients who reported suicide attempts on the History form were more likely to use substances during follow-up than were those not reporting suicide attempts.
- ◆ Persons having the shakes after cutting down were more likely to use substances during follow-up than were those not experiencing shakes.
- ◆ Clients who reported on the History form that they had

used so much that the next day they could not remember what they said or had done because of alcohol or drug use were more likely to use substances during follow-up.

- ◆ Clients who drank or used more drugs than they had planned, as reported on the History form, were more likely to use substances during follow-up than were those who had used more than they had planned.
- ◆ Those using drugs or alcohol to relieve a hangover prior to treatment were more likely to use substances during follow-up.
- ◆ Clients who had missed work in the year previous to treatment programs because of substance use were more likely to use alcohol or drugs during follow-up than were those not missing work.
- ◆ Persons who were physically violent while on substances prior to treatment were more likely to use alcohol or drugs during follow-up than were those who did not commit violent acts.
- ◆ Those who reported receiving medical treatment for injuries incurred while using alcohol or drugs before entering treatment were more likely to use substances during follow-up.
- ◆ Persons who reported doing anything unusual, while drinking or using drugs before treatment, were more likely to use substances after treatment.

Abstinence Rates: Various Groups



Demographic Information (From Intake Form)

Ethnic Origin

Information for this section of the report was obtained from the MPR Adult Intake forms that were adapted and used by permission of New Standards, Inc. The information used in this section of the report was obtained for persons completing treatment programs between April 1998 and November 2007. Information from the Intake, History, and Discharge forms were available for 9700 persons. The only two ethnic groups with notable numbers were White (66.2%) and Native American (25.8%), representing 92.0 percent of the total.

Ethnicity	Number of Cases	Percent
Asian	42	0.4%
Black	169	1.7%
Hispanic	166	1.7%
Native American	2498	25.8%
White	6417	66.2%
Biracial	360	3.7%
Other	48	0.5%
Total	9700	

Marital Status

Never Married (53.9%) and Divorced (23.2%) were the most frequently mentioned categories of marital status.

Marital Status	Number of Cases	Percent
Never Married	5170	53.9%
Divorced	2226	23.2%
Separated	628	6.5%
Widowed	155	1.6%
Married	1420	14.8%
Total	9599	

Education Attainment

High school diploma/GED was the most frequently mentioned category (65.3%) for educational attainment, followed by no diploma earned (16.2%), vocational/technical school (10.7%), and Associate's degree (3.9%).

Highest Degree Earned	Number of Cases	Percent
No Degree or Diploma Earned	1479	16.2%
High school diploma/GED	5958	65.3%
Vocational/technical school	976	10.7%
Associate's Degree	355	3.9%
Bachelor's Degree	310	3.4%
Master's Degree	34	0.4%
M.D./J.D./Doctorate	15	0.2%
Total	9127	

Current Employment Status

At entry into the treatment programs, about one-half were employed either part- or full-time. The most common employment status was unemployed (39.0%).

Employment Status	Number of Cases	Percent
Full-time employment	3759	39.0%
Part-time employment	1153	12.0%
Unemployed	3754	39.0%
Retired	79	0.8%
Disabled	428	4.4%
Homemaker	224	2.3%
Student	239	2.5%
Total	9636	

Financial Assistance

Some of the clients were receiving Disability Compensation (6.1%) or Welfare (4.4%), and a few (0.8%) were receiving both at intake into the treatment programs.

Financial Assistance	Number of Cases	Percent Yes
Receiving Disability Compensation	9604	6.1%
Receiving Welfare	9540	4.4%

Treatment Payment

Most (61.1%) of the clients were financed exclusively by the Division of Alcohol and Drug Abuse as indicated in the 'Other' category. Self-pay (27.5%) and Medicaid (8.7%) were the other most frequent types of payment. The percents do not equal 100 percent, because there were multiple payment sources for some people.

Payment Type	Number of Cases	Percent
Medicare	218	2.5%
Medicaid	767	8.7%
Blue Cross/Blue Shield	220	2.5%
Private/group insurance	312	3.5%
HMO	35	0.4%
Self-pay	2432	27.5%
Other	5406	61.1%
Total	9390	

Referral Source

The Court (56.6%) was the most frequent referral source. Other common referral sources were Self (25.8%), Other (15.0%), and Family (11.2%). Since there were multiple referral sources, the sum of the percents was more than 100.

Referral Source	Number of Cases	Percent Checking Category
Court	5407	56.6%
Detox Center	789	8.3%
Employer/EAP	86	0.9%
Family	1075	11.2%
Friends	553	5.8%
Mental Health Worker	420	4.4%
Physician	220	2.3%
School	40	0.4%
Self	2469	25.8%
Social Worker	689	7.2%
Other	1438	15.0%

Reasons for Entering Treatment

It is obvious that these particular clients entered treatment for reasons external to themselves, based on responses to referral sources and reasons for program entry. DWI or DUI (42.3%) arrests were the most frequent reasons for entering treatment, followed by Other Court Action (34.8%) and In Lieu of Incarceration (10.0%). Since persons could make multiple responses and not everyone responded to the questions, the sum of the percents does not equal 100.

Reasons	Number of Cases	Percent Yes
DWI or DUI arrest	3953	42.3%
Other Court Action	3230	34.8%
In Lieu of Incarceration	925	10.0%
Ultimatum from Employer	132	1.4%

Ultimatum from Spouse/Mate	358	3.9%
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Most Recent Chemicals Used (From Intake Form)

Upon admission to the treatment programs, it was found that the most common drugs used were alcohol, marijuana, and cocaine. Nearly all (97.8%) had used alcohol and 67.7 percent had used marijuana at some time.

Substance	Within 24 Hours	Within 2-7 Days	Within 8-30 Days	Over a Month Ago	Never Used
Alcohol	3.3%	16.3%	26.4%	51.8%	2.2%
Marijuana	2.0%	6.4%	11.7%	47.6%	32.3%
Cocaine	0.1%	0.5%	2.3%	31.3%	65.7%
Stimulants	0.8%	1.2%	3.1%	24.2%	70.7%
Sedatives	0.6%	0.4%	1.0%	12.0%	86.0%
Opiates	0.3%	0.4%	0.8%	11.8%	86.7%
Tranquilizers	0.4%	0.3%	0.6%	9.6%	89.1%
Hallucinogens	0.0%	0.1%	0.6%	21.6%	77.7%
Painkillers	1.2%	1.1%	2.3%	17.4%	78.0%
Other	0.9%	0.3%	1.0%	7.9%	89.9%

Demographic Information From Adult History Form

Work Outside Home

More than half (55.6%) of the clients were working either part- or full-time, but a large minority was unemployed at the time of entry into the treatment programs.

Work Outside Home	Number of Cases	Percent
Yes, Full-time	4015	41.6%
Yes, Part-time	1352	14.0%
No, By Choice	463	4.8%
No, Unemployed	3829	39.6%
Total	9659	

Personal Income Last Year

Considering the relatively high number of unemployed persons, it was not surprising that most (55.4%) of those in the treatment programs had personal incomes of less than \$10,000 per year. Very few reported making more than \$30,000 per year.

Personal Income Categories	Number of Cases	Percent
Less than \$10,000	5221	55.4%
\$10,001 to \$20,000	2416	25.6%
\$20,001 to \$30,000	750	8.0%
\$30,001 to \$50,000	262	2.8%
Over \$50,000	61	0.6%
Don't want to say	722	7.7%
Total	9432	

Family Income Last Year

As would be expected, family income levels were higher than personal income levels, but these income amounts were quite modest with only 8.6 percent reporting family incomes over \$30,000.

Family Income Categories	Number of Cases	Percent
Less than \$10,000	3480	38.5
\$10,001 to \$20,000	2238	24.7
\$20,001 to \$30,000	997	11.0
\$30,001 to \$50,000	505	5.6
Over \$50,000	275	3.0
Don't want to say	1552	17.2
Total	9047	

Where Do You Live?

Most (85.0%) people reported that they were currently living in a 'City' or a 'Town' with 15.0% indicating that they currently lived in a 'Rural Area.'

Place of Residents	City	Town	Rural Area
Where do you live now?	50.6%	34.4%	15.0%
Where have you lived most your life?	48.0%	33.2%	18.8%

Problem Areas

The clients were asked a series of questions about personal or family problems or situations. Most (58.7%) clients had been in treatment programs before, and nearly half (44.6%) had encountered problems with family members drinking. Other prominent problem areas were: treated for depression (29.3%), problems with family members using drugs (23.6%) physically abused or beat up after age 18 (22.2%), and hit hard before age 18 (22.4%).

Problem Areas	Number of Cases	Percent Yes
Have you been in treatment before?	9601	58.7%
Did drinking by any family member cause problems?	9613	44.6%
Did drug use by any family member cause problems?	9574	23.2%
Before 18, were you hit so hard that you had marks?	9638	22.4%
Since 18, were you hit so hard that you had marks?	9618	22.8%
Before 18, were you forced to have sex?	9629	19.1%
Since 18, were you forced to have sex?	9622	11.4%
Have you ever been treated for depression?	9622	29.3%
Have you ever been treated for any other emotional disorders?	9545	16.5%
Have you ever tried to commit suicide?	9460	20.4%
Have you ever starved yourself for more than 3 months?	9609	4.8%
Have you ever binged and vomited for over 3 months?	9528	3.7%
Did you have a hard time learning when growing up?	9422	16.1%

Additional Problem Areas Before You Were 15 Years Old

Two major problem areas encountered by the clients before age 15 were stealing (35.9%) and starting fights (30.3%).

Problem Area	Number Cases	Percent Yes
Skip school more than 10 times?	8805	27.0%
Get suspended or expelled from school?	8782	28.8%
Get arrested?	8761	23.1%
Run away from home overnight more than once?	8770	22.9%
Vandalize or destroy property?	8759	21.4%
Steal?	8752	35.9%
Have sex with more than one person?	8765	23.5%
Start physical fights?	8771	30.3%

Questions on Spirituality

Most (62.8%) of the clients participated in prayer or meditation on a regular basis (at least monthly), with about one-half (48.7%) praying or meditating at least weekly.

How often do you meditate or pray?

Pray or Meditate	Number of Cases	Percent
Never	2217	23.1%
Less than once a month	1354	14.1%
Several times a month	1347	14.1%
Every week	1311	13.7%
Every day	3351	35.0%
Total	9580	

This group of clients was not highly involved in organized religious services, since 41.7% never attended religious services, and many attended services less than once a month.

How often do you attend religious services of any kind?

Religious Services Attendance	Number of cases	Percent
Never	3974	41.7%
Less than once a month	3157	33.1%
Several times a month	1060	11.1%
Every week	1240	13.0%
Every day	96	1.0%
Total	9527	

Outcome Factors Assessed

The basic outcome factors are assessed and reported for persons who completed one-year follow-up forms. One year follow-up information was available on 2348 persons. Persons are contacted by phone (or mail in a few cases) at 12 months post-treatment. The one-year period following treatment was the focal point because much of the comparative data between the History Form and Follow-up Form were based on information or performances in the past year.

The key outcome factors assessed in this report are: aftercare, working/not working, months employed in past year, work problems, days absent from work, working under the influence of alcohol or drugs, substance use in the past 12 months, times hospitalized, days hospitalized, emergency room visits, doctor office visits, accidents, homelessness, arrests in past year, offenses committed, and time in jail.

Aftercare During Follow-up

Of those surveyed with the follow-up instrument, most (58.8%) received some aftercare, about two-thirds (68.2%) attended AA/NA, and a few (11.1%) attended other support groups. Those abstinent attended aftercare and AA/NA at a higher rate than did those who used substances, indicating the importance of aftercare services for those who are successful.

Program	Percent Attending- All Clients	Percent Attending- Abstinent Clients	Percent Attending- Substance Users
Aftercare	58.8%	68.2%	50.2%
AA/NA	65.7%	73.8%	58.2%
Other Support	10.7%	10.4%	10.9%

Working/Not Working: Comparison Between Before and After Treatment

Before treatment started, 33.2 percent of the clients in the follow-up study were unemployed. Following treatment, 8.9 percent of all persons in the follow-up study were unemployed and only 7.6 percent of those who were abstinent were unemployed. Following treatment about two-thirds (66.9%) were working full-time, compared to 47.4 percent before treatment. The positive economic impact for the clients and society is very significant.

Working	History Form Percent Yes	Follow-up Form Percent Yes
Yes, Full-Time	47.4%	66.9% (70.4%)
Yes, Part-Time	14.1%	15.4% (13.5%)
No, By Choice	5.3%	8.8% (8.6%)
No, Unemployed	33.2%	8.9% (7.6%)

The number in parentheses () refers to persons who were abstinent during the follow-up period.

Months Employed: Pre- and Post-Treatment Results

There was a significant improvement in the number of months worked full-time between the pre- and post-treatment measures. In the 12 months before treatment, those working averaged 6.5 months full-time employment. One year after treatment the same clients averaged 7.3 months for all persons and 8.0 months for those abstinent.

Months Employed	History Form Pre-Test	Follow-up Form Post-Test
Months, Full-Time	6.5	7.3 (8.0)
Months, Part-Time	1.9	1.6 (1.5)
Months, Not Worked	3.8	3.1 (2.6)

The number in parentheses () refers to persons who were abstinent during the follow-up period.

Problems at Work: Pre- and Post-test Results

Clients were asked identical questions before treatment started and 12 months following treatment with respect to problems at work, during the past 12 months. In every situation but injuries, there were fewer work problems after treatment than before. After treatment, the clients had fewer problems with missing work, getting work done, making mistakes, being late for work, and problems with supervisors. The improvements between the 'before' and 'after' treatment measures were outstanding. The results below were based on the pre- and post-test treatment results for persons who had both history and 12-month follow-up information.

Those who were abstinent had superior results in each 'work problems' area listed in the table below. The percents listed in the parentheses () in the last columns refer to the rates of those who were abstinent during the follow-up period.

Work Problems	History Form Percent Yes	Follow-up Form Percent Yes	Percent Improvement
With supervisor or boss?	16.3%	9.0% (5.6%)	44.8% (65.6%)
Getting your job done?	6.7%	3.9% (2.1%)	41.8% (68.7%)
Missing work?	25.7%	5.2% (3.1%)	79.8% (87.9%)
Being late?	23.8%	8.6% (3.6%)	63.9% (84.9%)
Getting injured?	6.6%	9.2% (5.1%)	-39.4% (22.7%)
Making mistakes?	13.8%	7.7% (5.5%)	44.2% (60.1%)

The number in parentheses () refers to persons who were abstinent during the follow-up period.

Days Absent From Work in Past Months: Pre- and Post-Treatment Results

There was a significant reduction in the number of days absent from work between 'before' treatment and 'after' treatment. Before treatment, there was an average of 3.5 days of missed work 'in the past month.' After treatment, the average was reduced to 1.0 day for all completing treatment and 0.7 days for those who were abstinent. The rate of improvement between pre- and post-treatment measures was very high, indicating the ability of the treatment programs to make positive changes in the lives of individuals.

Days Absent From Work Past Month	History Form Pre-Test	Follow-up Form Post-Test	Percent Improvement
Days Absent	3.5	1.0 (0.7)	77.4% (80.0%)

The number in parentheses () refers to persons who were abstinent during the follow-up period.

Drug and Alcohol Influence at Work: Pre- and Post-test Results

After leaving treatment, clients were not likely to use alcohol or drugs while working. There was a dramatic reduction between pre- and post-treatment measures of substance use at work. Before entering treatment, over one-half of the clients were under the influence of alcohol/drugs daily while working, but after treatment only 1.1 percent reported daily influences of substances while working.

Under the Influence of Alcohol or Drugs while Working?	History Form Pre-Test	Follow-up Form Post-Test
Never	9.8%	95.2%
Less than once per month	13.5%	2.2%
1 to 3 times per month	11.0%	0.9%
1 to 3 times per week	13.8%	0.6%
Almost every day	51.9%	1.1%

Substance Use 12 Months After Completing Treatment

The overall abstinence rate for 'any' substance use for this group of persons in the outcome study was a very respectable 48.0 percent after 12-months post-treatment. Alcohol and marijuana were the most popular substances used. An increase in the use of stimulants was noted.

Substance Use	Number of Cases	Percent Using
Alcohol	2281	50.9%
Marijuana	2257	10.3%
Cocaine	2257	1.7%
Stimulants-Meth	2262	3.4%
Sedatives	2258	1.9%
Opiates/Heroin	2258	0.7%
Tranquilizers	2260	1.5%
Hallucinogens	2258	0.5%
Painkillers	2261	3.8%
Other	2257	0.6%

Hospitalization: Pre- and Post-Treatment Comparisons

In nearly every category the clients had more times and days in the hospital the year before treatment than they did in the 12 months following treatment. Those completing treatment were hospitalized 2.8 times less (4.4 for those who were abstinent) after treatment than they were before, and the number of days hospitalized was 1.9 times (2.7 for those who were abstinent) less during the post-treatment time. The mean average for those who were abstinent can be identified in the parentheses (). Although all who completed treatment had improvements in outcomes between pre- and post-treatment measures, the abstinent groups had superior results.

Reason for Hospitalization	Before Times* Hospitalized	After Times# Hospitalized	Before Days* Hospitalized	After Days# Hospitalized
Illness, Injury or Surgery	.36	.15 (.13)	.95	.62 (.75)
Detoxification	.19	.04 (.00)	.57	.21 (.03)
Psychiatric Care	.10	.03 (.01)	.64	.30 (.03)
Pregnancy or Childbirth	.07	.04 (.03)	.10	.07 (.09)
Any Other Reason	.07	.02 (.01)	.16	.06 (.01)
Total	.79	.28 (.18)	2.42	1.26 (.91)

*Before refers to 12 months preceding treatment.

#After means the 12-month period following treatment.

The number in parentheses () refers to persons who were abstinent during the follow-up period.

Emergency Room and Office Visits: Pre- and Post-Treatment Comparisons

In all categories, except Pregnancy or Childbirth, the clients had more office visits the year before treatment than they did the 12 months following treatment. Overall, there were 2.2 (3.2 for those who were abstinent) times as many ER visits before treatment than there were after treatment. There were less overall differences in office visits between 'before' and 'after' treatment visits. This is not surprising since office visits may represent preventive medicine as much as medical difficulties. There were significantly fewer office visits for Psychiatric Care 12 months after treatment than there was 12 months prior to treatment.

Emergency Room or Office Visits	Before ER Visits*	After ER Visits#	Before Office Visits*	After Office Visits#
Illness, Injury or Surgery	.47	.24 (.17)	1.10	.92 (.77)
Psychiatric Care	.08	.03 (.01)	.43	.23 (.19)
Pregnancy or Childbirth	.05	.01 (.02)	.21	.28 (.34)
Routine Examination	NA	NA	.79	.59 (.65)
Any Other Reason	.14	.05 (.03)	.38	.14 (.09)
Total	.74	.33 (.23)	2.91	2.16 (2.04)

*Before refers to 12 months preceding treatment.

#After means the 12-month period following treatment.

The number in parentheses () refers to persons who were abstinent during the follow-up period.

Homeless

Before treatment 2.8 percent of the clients indicated that they were homeless, but after treatment only 1.1 percent of the survey respondents mentioned that they had no home. This results in a 60.7 percent improvement or 2.5 times fewer homeless clients after treatment.

Accidents Past 12 Months: Pre- and Post-Treatment Results

There was a significant reduction (72.0% improvement overall) in the number of reported accidents as drivers between the pre- and post-treatment measures.

Accidents in the Past Year	History Form Pre-Test	Follow-up Form Post-Test	Percent Improvement
Number of Accidents	.25	.07 (.06)	72.0% (76.0%)

The number in parentheses () refers to persons who were abstinent during the follow-up period.

Arrested in the Past Year: Pre- and Post-test Results

There was a substantial reduction between pre- and post-treatment measures of those arrested 'in past year.' Before entering treatment, more than three-fourths had been arrested in the past year, but the arrest rates declined to only 18.1 percent for all completing treatment.

Arrested in Past Year	History Form Percent Yes	Follow-up Form Percent Yes	Percent Improvement
Arrested	76.1%	18.1%	76.2%

The number in parentheses () refers to persons who were abstinent during the follow-up period.

Times Arrested in the Past Year: Pre- and Post-test Results

In every offense category the clients had more arrests 12 months before treatment than they did in the 12 months following treatment. There were 5.9 times fewer arrests during the follow-up period compared to 12 months prior to treatment.

Offense	History Form Pre-Test	Follow-up Form Post-Test
DWI	.79	.13
Speeding or Other Moving Traffic Violation	.27	.03
Disorderly Conduct	.12	.02
Assault or Battery	.11	.02
Theft	.07	.01
Vandalism	.18	.00
Possession of Drug or Drug Paraphernalia	.27	.03
Sale of Drugs	.03	.00
Other	.24	.11
Total	2.08	.35

Jailed Overnight in Past 12 Months: Pre- and Post-test Results

There was a significant reduction in the percent of clients incarcerated overnight between the pre- and post-treatment measures. Before entering treatment, about two-thirds had been jailed overnight 'in the past year,' but the incarceration rates declined to 15.0 percent for those completing treatment.

Jailed Overnight	History Form Percent Yes	Follow-up Form Percent Yes	Percent Improvement
Percent Jailed	66.8%	15.0%	77.5%

From Adult Discharge Form

Program Type

Data analysis in this section was done on all persons (n = 9769) who had been discharged. A vast majority (69.1%) were involved in day or evening outpatient programs.

Type of Program	Number of Cases	Percent
Residential inpatient only	1417	14.5%
Evening outpatient only	4591	47.0%
Day outpatient only	2158	22.1%
Day hospital	649	6.6%
Combination: inpatient evening outpatient	143	1.5%
Combination: inpatient day outpatient	88	0.9%
Combination: inpatient day hospital	17	0.2%
Other	706	7.2%
Total	9769	

Discharge Status for All Referrals to Programs

Based on information on all clients who received services in treatment programs, most (81.9%) were in the 'Completed program' category. A few (6.9%) 'Left against staff advice' or were 'Discharged for noncompliance' (7.1%). The 'Completed program' category (n = 10238) is different from the 9769 reported on the previous page, because only those with completed information on all forms (Intake, History, and Discharge) and signed consent forms were used as part of the outcome (follow-up) study.

Discharge Status	Number of Cases	Percent
Evaluation only	70	0.6%
Completed program	10238	81.9%
Transferred to other program	403	3.2%
Left against staff advice	864	6.9%
Discharged for noncompliance	883	7.1%
Insufficient funding	5	0.0%
Other	40	0.3%

Chemical Use During Treatment

As would be expected, very few (8.3%) clients were known to be using chemicals during treatment.

Chemical Use	Number of Cases	Percent
No	7898	81.8%
Not sure	954	9.9%
Yes, as Inpatient	74	0.8%
Yes, as Outpatient	725	7.5%

Total	9651	
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Family Program Participation

Few (28.7%) of the families of the clients were involved in the family programs.

Participation in Family Program	Number of Cases	Percent
No family or significant other	5094	53.6%
Patient refused	1049	11.0%
Family/significant others refused	634	6.7%
Some involvement	2730	28.7%
Total	9507	

Who Participated in Family Program?

Of family members who did take part in the family programs, spouse/mate and parents were the most prevalent participants.

Attendance	Percent None	Percent Partial	Percent Full
Spouse/mate	57.0%	24.1%	18.9%
Parents	55.7%	24.4%	19.9%
Siblings	82.8%	10.0%	7.2%
Children	82.6%	9.9%	7.5%
Friends	89.7%	6.5%	3.8%

Post-Discharge Referrals

Alcoholics Anonymous, Program Aftercare, and Narcotics Anonymous were the most frequent referral sources. Since there were multiple referrals per client, the total percent equals more than 100 percent.

Referral Source	Number of Cases	Percent
Alcoholics Anonymous	8504	88.6%
Emotions Anonymous	24	0.3%
Cocaine Anonymous	38	0.4%
Narcotics Anonymous	3196	33.3%
Women for Sobriety	35	0.4%
AL-ANON	231	2.4%
Other Support Group	701	7.4%
Program Aftercare	7290	76.0%
Individual Therapy/Counseling	1080	11.3%
Family Therapy/Counseling	327	3.4%
Halfway House	583	6.1%
Other CD Program	683	7.1%
Other	801	8.4%

Predictors of Success

Based on the statistical analysis of information on the 2348 clients who were surveyed with a follow-up instrument, the following factors were found to be predictive of success (i.e., did not use substances during follow-up period).

Follow-up Form

- ◆ Persons working full-time were more likely to remain substance free than were those not working full-time. Also, clients who were substance free during follow-up had fewer days absent from work.
- ◆ Clients who were substance free had fewer problems with: the boss or supervisor, getting the job done, making mistakes at work, missing work, being late or getting injured on the job.
- ◆ Based on marital status at follow-up, persons never married were more likely to have used substances than were married persons.
- ◆ Clients who attended AA or NA and/or other support groups were much more likely to remain substance free than were those who stopped attending.
- ◆ Persons who attended aftercare were much more likely to remain substance free than were those who stopped attending.
- ◆ Clients who were substance free had fewer problems during the follow-up period with boredom, stress, and loneliness.
- ◆ Person using substances were more likely to have had periods of 2 weeks or more, since completing treatment, in which they felt depressed.
- ◆ Clients using substances were more likely to be around others using alcohol or drugs, have cravings for alcohol and/or drugs, and use tobacco products.

- ◆ Clients who were substance free were much less likely to be arrested or incarcerated.
- ◆ Clients who were substance free were less likely to be hospitalized.
- ◆ Clients who rated the treatment programs highly were much more likely to be substance free.
- ◆ Clients who were substance free had fewer problems with marital or 'significant other' relationships, family problems, and financial problems during the follow-up period.

History Form

- ◆ Clients who lived with parents, spouses, and children were more likely to be substance free during the follow-up period than were those living alone, with roommates, or homeless.
- ◆ There was a 60.7 percent improvement (2.5 times fewer) in homeless rate between 12 months before treatment and 12 months post treatment.
- ◆ Clients who had frequent visits to hospitals and ER's the year preceding treatment were more likely to use substances than were those with fewer visits.
- ◆ Clients who were unemployed at time of entry into treatment were less likely to be substance free during the follow-up period.
- ◆ Those who lived in a city before entering treatment were more likely to use substances than were those from rural areas.
- ◆ Those who had experienced trouble thinking or concentrating before treatment were more likely to use substances during follow-up.
- ◆ Those who had experienced thoughts of suicide before treatment were more likely to use substances during follow-up.
- ◆ Clients who reported suicide attempts on the History

Form were more likely to use substances during follow-up than were those not reporting suicide attempts.

- ◆ Persons having shakes after cutting down were more likely to use substances during follow-up than were those not experiencing shakes.
- ◆ Clients who reported that they had used so much that the next day they could not remember what they had said or done because of alcohol or drug use were more likely to use substances during follow-up.
- ◆ Those who drank or used more drugs than they had planned were more likely to use substances during follow-up than were those who used more than they had planned.
- ◆ Clients using drugs or alcohol to relieve a hangover were more likely to use substances during follow-up.
- ◆ Persons who had missed work in the year previous to treatment because of substance use were more likely to use alcohol or drugs during follow-up than were those not missing work.
- ◆ Clients who had hit others or become violent while on substances were more likely to use alcohol or drugs during follow-up than were those who did not commit violent acts.
- ◆ Those who reported receiving medical treatment for injuries incurred while using alcohol or drugs were more likely to use substances during follow-up than were those with no such incidences.
- ◆ Clients who had reported doing anything unusual, totally out of character, while drinking or using drugs, were more likely to use substances.

Ratings of Program by Participants

The clients were asked a series of four agree/disagree questions concerning the treatment program that they completed. In general the clients had very high ratings of the treatment programs.

A strong (86.0%) majority of the all clients completing the follow-up interview agreed that it was a good program. As would be expected, those who were substance free rated the program higher (90.2% agreed the program was good).

It was a good program.	Number of Responses	Percent
Strongly Agree	1383 (695)	62.9% (69.8%)
Agree	508 (203)	23.1% (20.4%)
Not Sure	223 (79)	10.1% (7.9%)
Disagree	40 (11)	1.8% (1.1%)
Strongly Disagree	44 (8)	2.0% (0.8%)

The number in parentheses () refers to persons who were abstinent during the follow-up period.

Most (88.5%) clients completing the follow-up form agreed that the counselors were helpful. Survey participants who were substance free rated the program higher (91.0% felt that the counselors were helpful).

The Counselors were helpful.	Number of Responses	Percent
Strongly Agree	1544 (748)	70.4% (75.2%)
Agree	397 (157)	18.1% (15.8%)

Not Sure	165 (59)	7.5% (5.9%)
Disagree	36 (17)	1.6% (1.7%)
Strongly Disagree	50 (14)	2.3% (1.4%)

The number in parentheses () refers to persons who were abstinent during the follow-up period.

A majority (84.2%) of those completing the follow-up survey felt they 'learned much' in the treatment program. The substance free clients rated this question higher with 90.5 percent agreeing with the statement.

I learned much.	Number of Responses	Percent
Strongly Agree	1394 (721)	63.5% (72.4%)
Agree	454 (180)	20.7% (18.1%)
Not Sure	219 (56)	10.0% (5.6%)
Disagree	61 (27)	2.8% (2.7%)
Strongly Disagree	66 (12)	3.0% (1.2%)

The number in parentheses () refers to persons who were abstinent during the follow-up period.

Most (86.0%) of the clients indicated that they would recommend the program to other people. The substance free clients rated the program higher with 91.1% indicating that they would recommend the program to other people.

I would recommend the program to other people.	Number of Responses	Percent
Strongly Agree	1513 (756)	69.1% (75.8%)
Agree	371 (152)	16.9% (15.3%)
Not Sure	163 (50)	7.4% (5.0%)
Disagree	60 (20)	2.7% (2.0%)

Strongly Disagree	82 (19)	3.7% (1.9%)
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The number in parentheses () refers to persons who were abstinent during the follow-up period.

OPEN-ENDED QUESTIONS

These comments were taken from those completing the follow-up form that was administered 12 month post-treatment. To date, 2348 persons have completed the follow-up survey, but the responses listed below are for 600 persons who were surveyed in the past two year.

What did you like best about the Alcohol and Drug Treatment Program?

Liked best for those surveyed in the past two years

- Counselors (134 responses)
- Group discussions/group support (38 responses)
- Nothing (33 responses)
- Talking (28 responses)
- Information (24 responses)
- One-on-one sessions (17 responses)
- Learned a lot (17 responses)
- Openness (15 responses)
- Environment/atmosphere (12 responses)
- All of it/everything (12 responses)
- Small groups (11 responses)
- It was a good program (10 responses)
- Being with people with similar problems (10 responses)
- People really cared (10 responses)
- Everything (9 responses)
- People in the program (8 responses)
- It helped me/was helpful (7 responses)
- Staff (6 responses)
- Knowledge (6 responses)
- Spirituality (5 responses)
- Tools (5 responses)
- Camaraderie (5 responses)

- Meeting others/new people (5 responses)
- Hearing other peoples' stories (4 responses)
- When it was over/being done (4 responses)
- Structure (3 responses)

OPEN-ENDED QUESTIONS

What, if anything, about the program do you think needs to be changed?

Changes for those surveyed in the past two years

- Nothing (378 responses)
- Don't know (10 responses)
- Counselors (better, more compassionate, ex-addicts) (10 responses)
- More one on ones (9 responses)
- More structured setting (7 responses)
- Presentation (don't force, mundane) (7 responses)
- Longer (6 responses)
- Better food/drinks (6 responses)
- Separate programs for men and women (5 responses)
- Smaller groups (5 responses)
- Separate those who don't want to be there (4 responses)
- Better facilities (3 responses)
- More freedom (3 responses)
- Update videos (3 responses)
- Easier to get in/cheaper (2 responses)
- Group discussions (2 responses)
- Have groups more often (2 responses)
- Healthier food (2 responses)
- Hours (time) (2 responses)
- Keep same counselors throughout program (2 responses)
- Less work/bookwork (2 responses)
- Separate groups into different ages (2 responses)
- Shorter (2 responses)
- Update info (2 responses)
- Separate alcohol from drugs (2 responses)

